

(90)

immediately supplicate to Allah to relieve all your pains

c) Talk to Allah (whilst supplicating to Him, pleading to him, begging Him),

beg of Allah to heal you

d) Cry to Allah (if you can), if you can't cry (at the time), get into prayer if you can [whether standing, sitting or lying down (on your side, if you can)], and when you can get into sujud ~~and~~ or

& whilst making ~~shukr~~ sujud shukr or general sujud, wa Allahu Akbar